

Aji-Braised Beef Short Ribs With Golden Herbed Quinoa

Check out these robust aji-spiced braised Short Ribs with a hint of sweetness, served on a bed of golden quinoa.

INGREDIENTS

3 pounds beef Short Ribs Bone-In, cut into 4 x 2 x 2-inch pieces

1/2 teaspoon salt

1/2 teaspoon pepper

2 teaspoons olive oil

1 large Spanish onion, chopped

2 tablespoons aji amarillo paste - Aji amarillo paste is available in Hispanic markets. One finely minced frozen aji amarillo, yellow mirasol or one-half habañero pepper may be substituted for aji paste. For less heat, remove seeds and ribs from peppers.

2 teaspoons minced garlic

1 cup dry red wine

1 large unripe papaya

1 tablespoon coarsely chopped fresh parsley

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1 cup uncooked quinoa

1-3/4 cups water

1 tablespoon Annatto Oil, recipe follows (optional) - Annatto Oil: Heat 2 tablespoons annatto seeds in 1/4 cup olive oil in 1-quart saucepan over low heat 8 to 9 minutes. Oil will become deep orange. Cool and strain. Annatto seeds, also called achiote, are small, hard, dark-red seeds from the annatto tree and are available in Hispanic markets. They are ground and used in spice pastes or dry rubs and impart a mild earthy flavor and golden to orange color to foods. If unavailable, 1/4 teaspoon turmeric may be substituted for the annatto oil to add golden color to the quinoa.

1/4 teaspoon salt

1/4 teaspoon pepper

1 tablespoon coarsely chopped fresh parsley



2.75
Hours



6
Servings



42 Cal





31g
Protein

COOKING

1. Place beef Short Ribs Bone-In on rack in broiler pan so surface of beef is 4 to 5 inches from heat. Broil 18 to 20 minutes or until browned, turning once. Season with salt and pepper. Reduce oven temperature to 325°F.

2. Meanwhile heat olive oil in stockpot over medium heat until hot. Add onion; cook and stir 2 to 3 minutes or until tender. Stir in aji paste and garlic; cook and stir 1 minute. Add ribs and wine; bring to a boil. Cover tightly and braise in 325°F oven 1-1/2 to 2-1/2 hours or until beef is fork-tender.
3. Thirty minutes before beef is done, peel papaya and cut into 1-inch pieces, reserving 1 heaping tablespoon seeds. Add papaya, reserved seeds and 1 tablespoon parsley to stockpot; continue braising, covered, 18 to 20 minutes or until papaya is tender.
4. Meanwhile prepare quinoa. Place quinoa in lightly oiled 2-1/2-quart saucepan. Cook and stir over medium heat 2 minutes or until toasted and just starting to change color. Add water, Annatto Oil, if desired, salt and pepper; bring to a boil. Reduce heat; cover and simmer 12 to 15 minutes or until all liquid is absorbed. Remove from heat; let stand 5 minutes. Fluff with a fork; stir in parsley.
5. Skim fat from cooking liquid. Serve short ribs and papaya with sauce over quinoa. Garnish with parsley, if desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
6		19g	79mg		30g	31g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com